





Welcome to the Large Hotel Quarantine/Isolation Site

Thank you for agreeing to stay at this site – this handout will provide you with important information for your stay...

CONTACT INFORMATION

| | | |
|--|---|--|
| <u>Client Support</u> Phone: xxx-xxx-xxxx |  | Beverage Blankets/ BeddingClothing Food Hygiene Products Trash Pick Up <i>(We will do our best to accommodate requests within reason)</i> |
| <u>Clinical Support</u> Phone: yyy.yyy.yyyy Healthcare Professional/Nurse |  | If you require assistance from a Healthcare Professional due to shortness of breath or having trouble breathing |
| <u>Emotional Wellness</u> Line aaa-bbb-cccc (until 5:00 PM) We know that isolation can be difficult, and we encourage our Clients to reach out for support |  | For Emotional Support after 5:00 PM, call the Department of Mental Health 24/7 Helpline @ 1-xxx-yyy-zzzz |
| PATH 424.388.8748 |  | Discharge Information and Planning |

MEDI-CAL ASSISTANCE LINE

800-xxx-xxxx

SMOKING POLICY

There will be 2 smoking breaks per day...an EMT or Medical Assistant will escort you to the designated smoking area

You will have 15 – 20 minute smoke breaks during the following times:

10:00 AM – 12:00 PM

4:00 PM – 6:30 PM

NO SMOKING ALLOWED INSIDE OF THE BUILDING

VAPE PENS ARE AVAILABLE UPON REQUEST AND APPROVAL BY THE MEDICAL STAFF

EXPECTATIONS AND RULES

****FOR YOUR SAFETY, PLEASE DO NOT USE THE TOP LATCH ON YOUR DOOR FOR ANY REASON****

| | |
|--|--|
| <ul style="list-style-type: none"> • If you leave the site, you will not be able to return...<i>please stay in your room unless otherwise directed</i> • No passing or sharing items with other Clients • No Client gatherings allowed • No Client allowed in other Client's rooms • No Smoking allowed inside of the room • No Visitors allowed |  |
| <ul style="list-style-type: none"> • Please wear a mask when leaving your room, and when speaking to other Clients or Staff Members – indoors and outdoors |  |
| <ul style="list-style-type: none"> • Please place all garbage in a <u>RED BIOHAZARD BAG</u> |  |
| <ul style="list-style-type: none"> • Please place dirty linens and towels in a <u>BLUE SOILED LINEN BAG</u> <p>WE DO NOT ASSIST WITH PERSONAL LAUNDRY</p> |  |
| <ul style="list-style-type: none"> • All food delivery drop-offs must be received by 8:30 PM...deliveries that arrive beyond the cut off period will not be accepted! <p>BE ADVISED THAT ALL DELIVERED ITEMS MAY BE SEARCHED AT THE DISCRETION OF THE SECURITY SUPERVISOR</p> |  |

Meal Schedule

Snacks will be delivered throughout the day

You may place orders for snacks by calling one of the Client Support Lines listed below:

XXX-XXX-XXXX

WWW-WWW-WWWW

8:00 AM – 9:30 AM

Breakfast, Lunch and Dinner...will be delivered three meals in one bag – no other requests will be accepted during this period

10:00 AM – 11:00 AM

Snack Request...place orders for 11:30 AM snack drop

11:30 AM – 12:30 PM

Snacks...will be delivered – no other requests will be accepted during this period

1:30 PM – 2:30 PM

Snack Request...place orders for 3:00 PM snack drop

3:00 PM – 4:00 PM

Snacks...will be delivered – no other requests will be accepted during this period

7:30 PM – 8:30 PM

Snack Request...place orders for 9:00 PM snack drop

9:00 PM – 10:00 PM

Snacks...will be delivered – no other requests will be accepted during this period

LAST SNACK DROP IS BETWEEN 9:00 PM and 10:00 PM

(ALL CLIENTS are important to us and deliveries are sometimes delayed due to circumstances that exceed our control...please be patient with our team – thanks!)



STEPS FOR HANDWASHING

Stop the spread of germs and keep yourself and others from getting sick.



1. Wet your hands with warm water.



2. Lather up with soap. Soap gets rid of the oil that helps germs stick to your hands.



3. Rub and scrub your hands together for at least 20 seconds. Strongly rub and scrub your wrists, palms, between fingers, under your nails, and the backs of your hands. The soap and scrubbing action loosens the germs off your hands.



4. Rinse your hands thoroughly with warm, running water.



5. Dry your hands completely with a clean towel or paper towel. Use the towel to turn off the faucet when you're finished drying your hands. Throw the paper towel away.

If soap and water aren't available, use an alcohol-based hand sanitizer. Alcohol-based hand sanitizers can usually be found as a gel or wipes. Make sure the product is at least 60 percent alcohol.

To use an alcohol-based hand sanitizer:

- Rub the gel or wipe all over both hands.
- Rub hands together for 30 seconds until they feel dry.